

Randi Krueger

Background

The fit lifestyle has always been a part of Randi's life. At 7 she joined the city track team and found a passion for training, competing and winning. Soccer, basketball and eventually cross country were added to the roster. As a senior in high school, she petitioned for and saw implemented a weight training class for girls. Even though fit and active, Randi experienced chronic, debilitating back pain for more than 25 years. This became the impetus for a varied education, more balanced lifestyle and using a passion to help others help themselves. As a result of a pain free life, Randi has traveled to more than 25 countries and spent 6 years living in the Middle East. She travels regularly to continue her education, both professionally and personally – and to find good surf! As a Conch, Florida will always be home.

Education/Experience

Randi completed courses at the Humanities Center for Massage 1998, the International Sport Sciences Association, 2001, and Nosara Yoga Institute, 2006. She studied Pilates privately under Victor Barauskis, 2nd generation Pilates instructor and top instructor for Romana Kryzanowski, Joseph Pilates protégé. She has also had many other unique opportunities to learn from world class teachers all over the globe.

She is part of a group of professionals from around the world working together to bring the fitness industry to high ground. It's an approach that includes every aspect of our lives, not just aesthetics. We are Lifestyle Design Consultants.

Personal Training

Randi's system is interdisciplinary, incorporating a variety of modalities to create a fun, dynamic session. As a trained massage therapist, she understands the importance and benefits of correct alignment and technique. Randi believes that a balanced, healthy life requires proper nutrition, rest, stress reduction techniques and practice. She also thinks it can and should be fun!

